

# MONTANA HEALTH CENTER IN BILLINGS

Operated by CareHere

July 2013



## Why choose the Montana Health Center?

The Montana Health Center has so *many* benefits!

When you go to the health center, you have no out-of-pocket costs for any services there. That's right—no copay, no coinsurance, no deductible. The State's health plan saves money by using the health center, so we pass those savings on to you.

The health center is convenient. Appointments are often available the same day. You can schedule your appointment online with the provider of your choice. Change of plans? Not a problem! Just go online and make the changes you want.

The wait times at the health center are *SHORT*, usually less than 5 minutes.

You can follow up with the same provider each time if you like.

We asked an employee who recently had an appointment at the health center how his experience was. He answered, "*Freaking awesome!*" Our providers work to make every trip to the health center as awesome for you as possible!

## Injured on the job?

You have the option of being treated at the Montana Health Center for your work-related injury.

## Who can use the health center?

Members of the State of Montana Health Plan and their dependents covered on the plan age 2 and older may use the health center.

The health center is now open to **NON-MEDICARE RETIREES**. *That's worth repeating!* Our early retirees can now use all services at the health center!

Medicare retirees may use the health center for health screenings & flu shots only.

## What services are offered at the Montana Health Center?

The new health center offers great services with **NO** out-of-pocket costs to you. Services include:

- Primary care (visits to a provider, regular check-ups, lab work)
- Radiology services / Diagnostic imaging
- Health screenings
- Health coaching (registered dietitian, exercise physiologist, and behavioral health coach)
- Immunizations for the whole family

***Turn the page to read about more services!***

## MONTANA HEALTH CENTER

Open Mon—Fri 7:00am to 6:00pm  
1501 14th St West, Suite 230  
Billings, MT 59102  
Phone: 406-969-5115  
Live support 24/7: 877-423-1330  
Fax: 406-969-5118  
[www.carehere.com](http://www.carehere.com)  
Access code: MANA9

## You can get most of your PREVENTIVE care here

Get the PREVENTIVE services you and your family need!

- ⇒ Well child exams for ages 2 through 17;
- ⇒ Well woman exams including screenings for cervical cancer, breast cancer, osteoporosis, and more;
- ⇒ Age appropriate exams for men including screenings for prostate cancer, abdominal aneurysms, and more;
- ⇒ Routine immunizations for the whole family



Don't wait schedule your health screening at the health center! *Schedule NOW!*

And remember: To get the health screening discount, you need to complete **TWO STEPS**.

Go to the Benefits website  
[www.benefits.mt.gov](http://www.benefits.mt.gov) and look under  
**Wellness** for details.

## How To Register with CareHere

To use the Health Center, you must first register with CareHere. Each individual needs to be registered separately in the CareHere System.

**STEP ONE:** Go to [www.carehere.com](http://www.carehere.com) and click **Member Login**.

**STEP TWO:** On the next screen, click, **"I need to register for the first time with my Access Code."**

**STEP THREE:** Next to **"First time registration"** enter the following code for Billings: **MANA9**. Then click **Go**.

**STEP FOUR:** Confirm you have entered the correct Access Code—you will see Billings, MT. Click **Next**.

**STEP FIVE:** Read the Privacy Consent and, if you agree, click, **"I agree with the above statement."**

**STEP SIX:** Finish your registration by entering the required personal information on the pages that follow (takes about five minutes). Set your username and password.

## How To Make an Appointment

Once you have completed the registration steps, you will receive a confirmation email from CareHere. **YOU MAY NOW LOG INTO THE SITE TO MAKE YOUR APPOINTMENT.**

To make an appointment, go to: [www.carehere.com](http://www.carehere.com).

Login and click on **Appointments**. The schedule for the Health Center will appear at the top right of your screen.

Select the day then time. Enter the reason for your visit. Click **SUBMIT** to save your appointment.

*Note: If you need to talk with your health care provider about three or more medications, be sure to schedule two back to back appointments so you and your health care provider have plenty of time.*

Don't want to go online to make an appointment?  
You can schedule by phone by calling  
(406) 969-5115; FAX (406) 969-5118; or  
(877) 423-1330  
(live customer support 24/7 at the 877 number!)

## Meet the Providers



### **Martin G. Schiffert, MD**

Dr. Schiffert was born and raised in western New York State, not far from the spray of Niagara Falls. He pursued his undergraduate education at Canisius College, A Jesuit college in Buffalo, New York, and then earned a Master's degree from

Roswell Park, a well respected cancer research institute in Buffalo.

His time at Roswell served him well and reinforced his desire to pursue a career in clinical medicine. He enrolled at the SUNY at Buffalo School of Medicine and obtained his medical degree in 1987.

His medical education continued in Cheyenne, Wyoming where he completed his residency training in Family Medicine through the University of Wyoming, fulfilling a lifelong dream of moving west.

He then headed north to the Crow Indian Reservation, where he spent the next four years working for the United States Indian Health Service at Crow Agency, Montana. His experiences there and the relationships he established in the area prompted him to remain in south central Montana. He spent the next 19 years of his career working for Saint Vincent Healthcare at the Heights Family practice Clinic.

When not working at his new job at the Montana Health Center, Dr. Schiffert might be found on any number of trout streams in the state, pursuing his lifelong passion for fishing with a fly rod. He is an avid gardener, accomplished photographer, and world traveler.



### **Alta Peila, RD**

Alta is a registered dietitian with a nutritional background in clinical and community food service. She has experience in diabetes, cardiac, and weight management counseling.

Prior to CareHere she worked as a Director of Nutrition Services in an acute care setting and as a dietitian with the WIC program.

Alta has a Bachelor's degree in Food and Nutrition from Montana State University Bozeman. She was a graduate of the first class of interns from the Montana Dietetic Internship program. Alta provides one-on-one counseling and group presentations to promote general health and wellness.



### **Mary Beth Fisette, PA-C**

I am a Montana native, born in Billings, raised in Helena. I joined the US Navy as a Hospital Corpsman and left Montana years ago. My Naval career took me around the country and all the way to Egypt. After retiring in 1998, I finished my degree in Health Care Admin at

the University of Nevada, Las Vegas in 2001.

It had been my dream to practice medicine as a Physician Assistant, and after years of pursuit, I was accepted to Cornell Medical and Graduate School of Health Sciences where I graduated with a Master's in Health Science and my PA certification in 2011.

I have been practicing as a Critical Care PA in a Women and Babies hospital since graduation. I have just recently returned to Montana from Orlando, FL where I am honored to be serving the people who serve the state of Montana.



### **Davilynn Roesler, RN**

Davilyn Roesler, RN is a Registered Nurse Health Coach for CareHere patients with more than 13 years of experience in patient care and education.

She has worked in hospital, public health, home health, administrative, and residential

treatment settings during her career.

Davilyn obtained her Baccalaureate in Nursing from the University of Wyoming in 2000, graduating with honors and recognized for excellence in family nursing.

She is a member of the American Psychiatric Nurses Association and has completed advanced training in mental health care and psychotropic medications. Davilyn is also skilled in sign language and enjoys working with deaf and hearing impaired clients.

Did someone say sports physicals?  
Department of Transportation and  
Commercial Drivers License physicals?



Save time and money by having your physicals done at the health center! *Physicals at the health center are no cost to you.*

### Lab Blood Draw

If you came to a presentation by Health Care and Benefits Division recently, you heard phlebotomy services would be expanding.

They have!

They are now available during all business hours!

You can receive phlebotomy services by having a health center provider prescribe labs, or you can bring in an order from your own provider.\*

*\*Remember, you pay less when you see an in-network provider, and you pay nothing when you see a provider at the health center.*

YOU choose what works best for you!



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